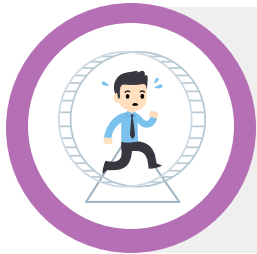


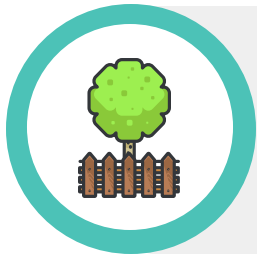
# The benefits of not comparing your practices to those of others

US President Theodore Roosevelt said "comparison is the thief of joy" and this is true, especially when it comes to running an early childhood service! Here are some benefits of not comparing yourself to others.



## Not distracted from your own work

When you spend a lot of time worrying about what others are doing and how you aren't matching them in your practices this can pull you away from your own work which then leaves you playing catch-up and feeling stressed. This can also be when we make silly mistakes because we are distracted.



## Not aware of the circumstances of others

We often think that the grass is greener on the other side of the fence, but you don't know enough about others' circumstances to compare yourself to them. You don't know what circumstances allow/force them to have the practices they do. Trying to be like them may change parts of your service that you love.



## Not investing time in unnecessary changes

If you are so worried about what other services are doing you can end up trying to be like them, and more often than not your efforts will not end up with the same outcome because you have different stakeholders, values, beliefs, abilities, resulting in taking time away from what will work for you.



## Become more confident in your own practices

The more you focus on your own practices and what is going to make you the best you can be within your context the more confident you become in your strengths. Focusing on others can make you feel inferior while focusing on your practices can make you feel in control and on track.



## Make your differences something to celebrate

Not every parent is going to be looking for the exact same thing when they are looking for a service to send their child to. Making your differences known and celebrated will attract the right families for you, families who will align with your values and appreciate your points of difference, reducing conflict.